



# September 2010 Ride Profiles



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>BB</b> = Brenda <b>DP</b> = Debbie P <b>DH</b> = Desi <b>ER</b> = Ellie <b>JB</b> = Jeanine <b>JK</b> = Joan	<b>KG</b> = Karen <b>LB</b> = Liz <b>MD</b> = Matthew <b>PB</b> = Pam <b>SW</b> = Stephanie <b>TA</b> = Terri		<b>1</b> 6 am E KG 9 am E/S DP  5:30 pm S JB	<b>2</b> 7:30 am S PB  12:30 pm S ER  6 pm Road Trip GH	<b>3</b> 6 am I LB 9 am E/S JK	<b>4 Tempo Time</b>  8 am Tempo Time SW
<b>5</b>  9:30 am <i>Ball-n Chain</i> PB	<b>6 Happy Labor Day</b> <i>No 6:00 am today!</i> <b>9 am Creative Climbs!</b> ER <i>Club Closes at 1 pm</i> <i>Free Guest Day!</i>	<b>7</b> 7:30 am I TA  12:30 E JK  6 pm E DH	<b>8</b> 6 am <i>Spin with Seuss</i> PB & KG 9 am E/I DP  5:30 pm CT JB	<b>9</b> 7:30 am E JK  12:30 pm CT ER  6 pm I DH <b>7pm Intro to Spin</b>	<b>10</b> 6 am E LB 9 am E PB	<b>11</b>  8 am I GH
<b>12</b>  9:30 am <i>Four Peaks</i> MD	<b>13</b> 6 am CT PB 9 am CT ER  5:30 pm E/S MD 6:45 pm I LB	<b>14</b> 7:30 am S TA  12:30 pm S JK  6 pm CT SW	<b>15</b> 6 am S KG 9 am I DP  5:30 pm E JB	<b>16</b> 7:30am Fire/Ice PB  12:30 pm E ER  6 pm Loops GH	<b>17</b> 6 am E/S GH 9 am Road Trip PB	<b>18</b>  8 am <i>Power Hour in the hills</i> LB
<b>19</b>  9:30 am <i>60'S Spin</i> TA	<b>20</b> 6 am E PB 9 am E ER  5:30 pm S MD <b>6:45 pm E/I LB</b>	<b>21 Happy Autumn!</b> 7:30 am E TA  12:30 pm I ER  6 pm E/S GH	<b>22 RACE DAY</b> 6 am RD KG 9 am RD DP  5:30 pm RD JB	<b>23</b> 7:30 am E PB  12:30 pm S JK  6 pm E DH	<b>24</b> 6 am S LB 9 am MTB PB	<b>25</b> 8am Hill Repeats PB  <b>9:30 am Intro to Spin</b> PB
<b>26</b>  9:30 am <i>Get the Led out</i> TA	<b>27 Hammertime</b> 6 am HT PB 9 am HT ER  5:30 pm HT MD <b>6:45 pm HT LB</b>	<b>28</b> 7:30 am S TA  12:30 pm E JK  6 pm MTB DH	<b>29</b> 6 am Fire/Ice KG 9 am S DP  5:30 pm CT JB	<b>30</b> 7:30 am CT PB  12:30 pm I ER  6 pm S DH	<b>PROFILES:</b> <b>E</b> = ENDURANCE <b>I</b> = INTERVALS <b>S</b> = STRENGTH <b>RD</b> = RACE DAY <b>/</b> = SPLIT 60 min. Ride	<b>Profiles continued:</b> <div style="border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></div> Extended Ride <b>MTB</b> = Mountain Bike <b>CT</b> = Core Tour <b>HT</b> = Hammertime <b>TT</b> = Tempo Time

Instructors subject to change – Check wipe off board for weekly updates



**SPINNING®**  
**September 2010**  
**Cycling Quotes**

...On the Theory of Relativity

"I thought of that while riding my bike."

~ **Albert Einstein**

Cycling is like a church - many attend, but few understand.

~ **Jim Burlant**

Pain is temporary. Quitting lasts forever.

~ **Lance Armstrong**

- **Ball-n-Chain** – 45-minute Spin® followed by 30 minutes of Resist-a-Ball training specifically designed for cyclists to counter stretch and strengthen cycling muscles.
- **Core Tour** - 45-minute Spin® followed by 15 minutes of core exercises to target trunk strengthening, a critical element for riding as well as all other activities. Focus on strengthening abdominals and low back including enhancing mobility and trunk rotation!
- **Creative Climbs** – A special interactive climbing session just for Labor Day.
- **Fire-n-Ice** – a perfectly balanced interval ride coaching you through alternating efforts starting with a spark and building to a raging but controlled fire of passion and performance.
- **Four Peaks** - a 60 min ride which features four climbs. Each climb has a different character. A challenging combination of both Strength and Endurance, this profile will emphasize proper riding form and mental focus while making use of the Spinning climbing movements.
- **Hammer Time** is big gear flat time trial drills to build muscular strength and power on the flats. This 60 minute ride includes an extended warm-up followed by a flat in a challenging gear that's slightly harder than you'd use for a time trial (or a race day) and hammer it out!
- **Hill Repeats** - Done correctly, these hurt. It's maximum intensity, repeatedly. All the other energy zone rides prepare you for this!
- **Intro to Spin** is a comprehensive intro and review of bike set-up, safety, hand and body positions. Learn the fundamentals of Spinning - the original indoor cycling program with cornerstones of road cycling, heart rate monitoring and sports psychology...the elements of progress and success all begin with one pedal stroke.
- **Mountain Bike** is a 60-minute interval ride including training upper body and core strength. You will spend time on and off the bike during the class performing squats, push-ups, tricep dips and crunches.
- **Power Hour in the Hills** – Practice powering up short steep hills. It's strength plus speed, followed by a little fatigue...
- **RACE DAY** – It's what you've been training for all winter! A time trial, biggest gear at the highest cadence for 30 minutes with out blowing up! Your opportunity to perform at your personal best!
- **Road Trip** – the goal is to build and maintain aerobic base training while also developing mental stamina. The intensity is below threshold with more emphasis on economy, technique, willpower and determination using cadence and resistance changes but controlling breath and heart rate.
- **Spin with Seuss** and You're off to Great Places! You're off and away! This interval ride inspired by Dr. Seuss' commencement speech exposes riders to the fact that in real life, we graduate every day; it's a continual process.
- **Tempo Time** - think power that improves your cruisin' speed! – This ride is to enhance muscular endurance. Use breathing and mental training strategies to succeed as we load resistance. Choose one movement and one cadence (seated works best). Maintain 75 - 80% max HR throughout or during long intervals with short recovery periods.

**Spinning®...The original  
indoor cycling program**

